

## Soy-Free Protein Sources with Protein per Serving

Protein Source	Protein (g)
Eggs (1 large)	6 g
Chicken breast (3 oz)	26 g
Chicken thigh (3 oz)	21 g
Ground turkey (3 oz)	22 g
Ground beef, 85% lean (3 oz)	22 g
Grass-fed steak (3 oz)	23 g
Lamb (3 oz)	22 g
Pork loin (3 oz)	22 g
Bison (3 oz)	22 g
Venison (3 oz)	26 g
Duck (3 oz)	23 g
Salmon (3 oz)	22 g
Mahi-mahi (3 oz)	22 g
Cod (3 oz)	20 g
Tuna, canned in water (3 oz)	20 g
Sardines, canned in olive oil (3 oz)	21 g
Trout (3 oz)	21 g
Halibut (3 oz)	22 g
Anchovies (1 oz)	8 g
Beef liver (3 oz)	22 g
Hemp seeds (3 tbsp)	10 g
Chia seeds (2 tbsp)	5 g
Pumpkin seeds (¼ cup)	8 g
Sunflower seeds (¼ cup)	6 g
Flaxseeds (2 tbsp)	4 g
Almonds (¼ cup)	7 g
Almond butter (2 tbsp)	7 g
Walnuts (¼ cup)	5 g
Pecans (¼ cup)	2.5 g

Cashews (¼ cup)	5 g
Macadamia nuts (¼ cup)	2 g
Brazil nuts (¼ cup)	4 g
Coconut yogurt, unsweetened (½ cup)	3 g
Coconut milk, canned (½ cup)	2 g
Chickpeas, cooked (½ cup)	7 g
Lentils, cooked (½ cup)	9 g
Black beans, cooked (½ cup)	8 g
Quinoa, cooked (½ cup)	4 g
Pea protein powder (1 scoop)	20 g
Hemp protein powder (1 scoop)	15 g
Pumpkin seed protein powder (1 scoop)	18 g
Collagen peptides (1 scoop)	10 g

## **Grocery List (Soy-Free Proteins)**

- Almond butter
- Almonds
- Anchovies
- Beef liver
- Bison
- Black beans, cooked
- Brazil nuts
- Cashews
- Chia seeds
- Chicken breast
- Chicken thigh
- Chickpeas, cooked
- Coconut milk, canned
- Coconut yogurt, unsweetened
- Cod
- Collagen peptides
- Duck
- Eggs
- Flaxseeds
- Grass-fed steak
- Ground beef, 85% lean
- Ground turkey
- Halibut
- Hemp protein powder
- Hemp seeds
- Lamb
- Lentils, cooked
- Macadamia nuts
- Mahi-mahi
- Pea protein powder

- Pecans
- Pork loin
- Pumpkin seed protein powder
- Pumpkin seeds
- Quinoa, cooked
- Salmon
- Sardines, canned in olive oil
- Sunflower seeds
- Trout
- Tuna, canned in water
- Venison
- Walnuts